

Maternity Services

Going Home and Undertaking Intermittent Self Catheterisation (ISC)

You have been discharged from the Maternity ward and been taught how to empty your bladder using a small single use catheter. You will have been given a booklet from the catheter company Lofric on how to use the catheters.

You are using the catheters to make sure your bladder is emptied fully after you pass urine as at the moment it is not emptying properly. This is usually because you have gone through major hormonal changes, labour and delivery and the bladder needs time to recover its tone. It will gradually improve, sometimes within a day or two, or depending on the reason for the loss of tone it may take a week or more. You will be seen again to check your bladder is back to normal. You should also be contacted by the Continence Advisory Service for your area to check how you are doing. Also, at any time, you can contact the Maternity Assessment Unit on 01422 224419 or Ward 9, 01422 224925 or Ward 1D, 01422 224249.

You will need to empty your bladder with the catheter 3-4 times a day. Firstly, after the morning toilet visit, secondly, once to twice during the day and lastly, before you go to bed. Always try to pass urine normally first. If the bladder feels full at other times and you cannot empty it normally then you can pass a catheter to relieve the pressure.

After the first 24hrs you should start measuring how much you pass urethrally and also measure how much comes away with the catheter. You can use a large plastic jug or other container that will sit in the toilet to allow you to sit comfortably.

After you have passed urine normally, if the amount of urine that comes away with the catheter is **less than or equal to 150mls** this is a positive sign. We then want you to compare the figure to the amount you passed urethrally (normally). If the volume of catheter urine is less than or equal to half the amount you passed normally then you can judge your bladder is back to normal.

Example: You pass 300mls urine urethrally, catheter drainage is 200mls. This means you are not ready to stop ISC as the catheter volume is not less than or equal to half the voided volume.

Example: You pass 300mls urethrally and the catheter drainage is 150mls. You can then stop ISC as your bladder is emptying well enough again. The residual urine is 150mls and is half the voided amount.

Example: You pass 200mls urethrally and the catheter drainage is 100mls. You can then stop ISC as your bladder is emptying well enough again. The residual urine is less than 150mls and half the voided amount.

If the catheter volumes are too high, do these checks once each day. Stop the ISC when you are happy that the catheter volumes are low enough as per above. If two weeks have passed and the catheter volumes are not low enough then please ring the Maternity Assessment Unit and you will be reviewed.

If at any point you are unsure then you can give the Maternity Unit or your Midwife a call on the numbers above.

When you come for a follow up 7ppointment we would be grateful if any unused equipment was returned to us.

If you have any comments about this leaflet or the service you have received you can contact :

**Urogynaecology Nurse Specialist
Maternity Services
Calderdale Royal Hospital**

Telephone No: 01422 224130

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਵੇਰ ਪ੍ਰਾਚੁਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو براہ کرم مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"